6/8/21

EXERCISE TOLERANCE TEST

[ETT]

To assis the ability of cardiovascular System to increasing systemic oxygen demand called exercise tolerance test (stress test) / graded exercise test.

→ The pt exercise throught stage of the warke loads expressed in unites of O_2.

Oxygen Coast - may be expressed in liter/min, kilo calloni or metabolic equivalant [MET]. A MET Represent basic systemic Oxygen requirement at rest ~~roug~~ roughly - 3.5 ml O_2/kg/min

* Goals of Exercise Test :-

1. To detect the prasnce of ischemia.
2. To determine the functional aerobic capasity of the Individual.

1) A positive ETT - Indicate that there is a point at which the myocardial O_2 Supply is in adequate to meet the myocardial O_2 demand. & the test is therefore (+)ve for ischemia.

2) A negitive ETT - Indicate that at every tested physiological work load there is a balanced O_2 supply & demand.

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* Type :- commonly use ETT are Treadmill test, bicycle ergometery, walking test.

1. Bicycle ergometery :- In this type of ETT pedling performe at the rate of 50 RPM but the resistance to padling is usually ↑se every 2-3 min.

	Stage	Speed (meter/hour) MPH	work load	time
1.	warm-up	50	0	2-3 min.
2.	1	50	0.5 kp	2-3 min
	2	50	1 kp ~~1.5 kp~~	2-3 min.
	3	50	~~2.5~~ 2 kp	2-3 min
	4	50	~~2.5 kp~~ 2.5 kp	2-3 min
	5	50	~~3.5~~ 3 kp	2-3 min.
	6	50	4.5 kp	2-3 min.
	7	50	3.5 kp	2-3 min
	8	50	4 kp	2-3 min
	cool down	50	0 kp	3-6 min.

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2| Walking Test :- (6 min. walking test)
For endurance testing pt are asked to walk to 6 min. as far as possible along a measured flat corridor Stoping or rest is allowed put it is include within the 6 min.

→ To data to recorde in the 6 min. distance test are any symptoms developing heart rate & PO_2 (Partial O2 rate).

→ 3 or 4 practise walk is needed with 20 min. rest in between. Repat test should be performed at the same time in relation to any broncodilator.